

PRO SPORTS TRAINER

 LANDICE

Quick User's Guide



To start your Landice treadmill:

Pressing the **START** button powers up the treadmill and all displays will light. The treadbelt will begin moving at 0.5 mph. (0.8 km/h).



To pause the treadmill:

Pressing the **PAUSE** button will cause the treadbelt to stop, but all statistical information will be preserved. Press **START** or **PAUSE** again to resume.



To turn off the treadmill:

Pressing the **STOP** button stops the treadbelt. The treadmill will shut off and all current statistical information will be cleared.



To view different display screens during your workout:

Press the **DISPLAY** button at any time to choose the statistic that best suits your workout.



To use the built-in workout programs:

Press the **PROGRAMS** button at anytime and choose the program that best suits your desired workout, then wait three seconds to enter the program setup. Use the **DISPLAY** button to adjust the program time and the **FAST** and **SLOW** buttons to adjust the maximum speed of the program. Press the **START** button to begin your workout using the built-in program.



To return to manually controlling the treadmill during a program:

Press the **PROGRAMS** button during a workout program and wait three seconds. The treadmill will display the first program. Wait an additional three seconds and the treadmill will be back in manual mode.

WARNING: Failure to observe the following operating instructions can result in serious injury!

- [1] If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product without consulting your doctor first.
- [2] If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product without supervision present. Failure to do so can result in serious injury should you fall while the treadmill is moving.
- [3] Failure to leave ample clearance around the treadmill could result in the user becoming trapped between the treadmill and a wall, resulting in burns or other serious injury from the moving treadmill.

*Allow a minimum clearance of **18 inches on each side** of the treadmill.*

*Allow a minimum clearance of **4 feet at the rear** of the treadmill.*

- [4] Never stand on the treadmill when starting the treadmill. A sudden start could cause you to lose your balance. Always stand with one foot on each side rail until the belt starts moving.
- [5] Always wear the emergency stop safety strap securely around your wrist while exercising. Failure to do so can result in severe injuries should you accidentally fall while exercising.
- [6] Test the emergency stop safety key on a regular basis by pulling on the cord and ensuring that the treadmill comes to a complete stop.
- [7] Always remove the safety key from the treadmill when you are through exercising, especially if children are present. This will prevent them from accidentally starting the treadmill.
- [8] Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

When using an electrical appliance, basic precautions should always be followed.

Read all instructions before using.

DANGER: Always unplug the treadmill before cleaning or removing the motor cover. To reduce the risk of electric shock in the event of an electrical storm, always unplug the treadmill from the electrical outlet immediately after using.

SAVE THESE INSTRUCTIONS

WARNING: To reduce the risk of electric shock or injury to persons:

- [1] An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.
- [2] Close supervision is necessary when this unit is used by or near children or disabled persons.
- [3] Use this treadmill only for its intended use as described in this manual.
- [4] Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your selling dealer immediately for examination and repair.
- [5] Keep the power cord away from heated surfaces. Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when it elevates and de-elevates.
- [6] Never operate the treadmill with the motor cover air openings blocked. Keep the air openings free of lint, hair, and dust.
- [7] Never drop or insert any object into any opening. Be sure no objects are near or underneath the moving treadbelt when you are using the treadmill.
- [8] Do not use outdoors.
- [9] Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- [10] Connect this appliance to a properly grounded dedicated outlet only.
- [11] To disconnect, press the OFF button, remove the Safety Key, and unplug the unit from the wall outlet.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded in accordance with all local codes and ordinances.

120 VOLT TREADMILLS

Treadmills marked 120 VAC are intended for use in a nominal 120-volt circuit with a grounding plug. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

200 - 250 VOLT TREADMILLS

Treadmills marked 200-250 VAC are intended for use on a circuit having a nominal rating more than 120V and are factory-equipped with a specific cord and plug to permit connection to a proper electric circuit. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, qualified service personnel should make the reconnection.

DANGER: Improper connection of the equipment-grounding connector can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit in the outlet, have a proper outlet installed by a qualified electrician.

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Congratulations! You've made a very smart investment! Your Pro Sports Trainer treadmill is a high-quality fitness tool that will give you years and years of fitness benefits.

One of the great things about the Pro Sports Trainer is its diversity of applications. It's terrific for just starting out on a walking program or easy jog. In the case of a veteran runner, it's the exact prescription needed for precision interval training to lower your 10K time.

Regardless of the application, unpleasant weather is not an obstacle. Cold, windy, wet days will never discourage you again, nor will the heat and humidity of the summer months. If you're the type of person that likes to do two things at once, now you can watch your favorite program on TV or keep an eye on your kids and take care of your health at the same time.

Did you know that your treadmill is an excellent stair-climbing simulator? Stair climbing has become a popular exercise today. Your treadmill, when elevated, is a very good climber with more safety and comfort than a dedicated stair climber!

Your treadmill was a smart purchase, but you already knew that, so let's move on and get started.

BEFORE YOU BEGIN

Following are some things you should do before you start to exercise on your treadmill:

INSTRUCTION MANUAL

Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

WARRANTY INFORMATION

Fill out your warranty registration card and mail it in today. Landice backs your treadmill with a strong warranty. For the factory to respond to any problems you may have, we need your warranty information on file. Do it today.

Landice will send you a complimentary Landice T-shirt upon receipt of your warranty registration card.

SELECTING A LOCATION

*Allow a minimum clearance of **18 inches on each side** of the treadmill.*

*Allow a minimum clearance of **4 feet at the rear** of the treadmill.*

Failure to leave ample clearance at the rear of the treadmill could result in the user becoming trapped between the treadmill and the wall should the user accidentally trip and fall while exercising.

Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when the treadmill elevates up and down. Make sure the treadmill is plugged into a dedicated line.

STEP 1: Unbolt treadmill from pallet



- On L7 treadmills it is necessary to remove the bolts which hold the treadmill to the pallet.
- Start by removing the top bolts.
- Lay the treadmill on the ground, and then remove the bottom bolts by placing the treadmill on your toolbox.
- With the bolts removed, the treadmill will be free to move around in the box.

STEP 2: Cut the box off the pallet



- Remove the metal strapping around the box.
- Using a razor blade knife, cut the box just above the bottom row of brass staples along all sides of the box.
- **DO NOT cut through the center of the box, as you could hit the treadmill.**
- Remove the box and discard.

STEP 3: Unstrap the treadmill



- The treadmill components are held together with plastic strapping.
- Carefully cut and remove the strapping. Remove the treadmill upright and motor cover from treadmill. Lift the treadmill off the pallet.
- Carefully remove the upright side cover from the upright assembly.

STEP 4: Mount the upright



- Slide the upright down onto the 8-side frame bolts. Be sure the washers are located on the outside of the upright and against the head of the bolt.

STEP 5: Secure upright to frame



- **Tighten bolts with a 7/16" extended socket.**
- *If installing an L9 or medrails, turn to the appendix for installation instructions.*

STEP 6: (L9 — see page 15) Prepare to install hand rail



- The rail mounting bolts have been threaded into the rails for shipping. Remove them.
- Attach the U-shaped handrails by first hand-starting the bolts and then using a 1/2" socket until snug.
(Do not over-tighten.)

STEP 7: Snap side cover into place



- Carefully align the side frame cover. Working from top to bottom, snap the upright side cover into place.

STEP 8: Install side cover screw.



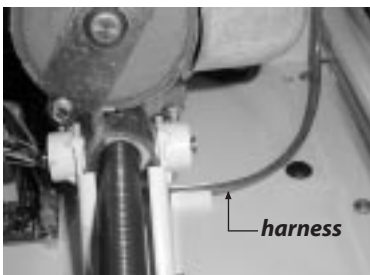
- Align the side frame cover beneath the end cap and install the Phillips head screw.
- Tighten the Phillips head screw until side cover aligns with endcap.
(Do not over-tighten).

STEP 9: Check drive belt tension



- Check the tension on the drive belt by placing the drive belt between your thumb and forefinger and twisting.
- The proper twist is 45°. If the belt needs to be adjusted use a 7/16" socket and turn the bolt underneath the motor pan attached to the motor's hook screw.

STEP 10: Route the wire harness



HOME :

- Route the wire harness **underneath** the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps into place.

COMMERCIAL :

- Route the wire harness **behind** the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps into place.

STEP 11: Adjust the treadbelt



- *The treadbelt is tracked and tensioned via the take-up screws located at the back of the treadmill.*
- Check the tension of the treadbelt. At proper tension you should be able to place your hand between the belt and deck and reach the center of the treadmill. If you cannot reach the center, the belt is too tight and must be loosened. If your hand reaches past the center the belt is too loose and must be tightened.

STEP 12: Install motor cover



- Remove the black motor cover screws in the side of the frame. Place motor cover onto treadmill.
- Attach motor cover with Phillips head screws provided. Place rubber spacer between cover and frame.
- Plug treadmill into a dedicated 15A outlet. Walk on treadmill at approximately 2.5 mph for 20 to 45 minutes to properly walk in lubricant.



Press the **START** button and the treadmill powers on. All displays will light and the treadbelt will begin moving at 0.5 mph (0.8 km/hr in metric mode).



Press the **PAUSE** button to place the treadmill in the pause mode. The treadbelt will stop, but all statistical information will be preserved. Press either the **START** or the **PAUSE** button again to resume at 0.5 mph. When in programs, resuming from the pause mode will return the treadmill to the last actual speed and position in the program.



Press the **STOP** button to stop the treadbelt from moving. The display will shut off the treadmill and all current statistical information will be cleared.



Hold the **FAST** button down to increase speed. Holding the **FAST** button depressed for longer than 2 seconds causes the speed to increase at a faster rate.



Hold the **SLOW** button down to decrease speed. Holding the **SLOW** button depressed for longer than 2 seconds causes the speed to decrease at a faster rate.



Hold the **UP** button to increase treadmill elevation. Release the button when the display indicates the desired elevation setting.



Hold the **DOWN** button to decrease elevation. Release the button when the display indicates the desired elevation setting.



Press the **DISPLAY** button to change the selectable display and to enter program data and user weight.



Removing the **SAFETY KEY** causes the treadbelt to stop. The graphic display will read "SAFE" and the elevation will not operate. Replace the **SAFETY KEY** to resume operation.

Be sure to clip the **SAFETY KEY** around your wrist or to a belt loop in case you fall. Remove the key when treadmill is not in use and small children are present.

The Pro Sports Trainer treadmill combines a straightforward control panel design with a variety of program options. These features and options combine to offer an exciting and fun workout so you can reach your fitness goals.

It's about options:

MANUAL CONTROL



The Pro Sports begins with a user-defined workout via the Manual mode. While in the Manual mode the treadmill is at your command. There are no time limits and no program parameters to enter. Changes in speed or elevation will only happen when you make them happen by pressing one of the buttons.

FOUR BUILT-IN PROGRAMS



The Pro Sports Trainer offers four built-in programs to help you attain your fitness goals. These programs take you through a predetermined twenty-segment speed and elevation profile but at the same time allow you to customize the program to your specific needs.

TWO USER-DEFINED PROGRAMS



User programs allow you to create your own speed and elevation profiles for your own personalized workouts. The treadmill saves these programs for you indefinitely until you make a change to them.



Make sure you have read and understand this owner's manual. Now you are ready to begin.

Start by straddling the treadbelt with one foot on each traction strip. Once the treadbelt begins moving you can start walking on the treadbelt.

Press the  button.

After three seconds the treadmill belt will start moving at 0.5 mph.

The treadmill will ask you to enter your weight by repeatedly pressing the display button. Holding the display button depressed for longer than 2 seconds causes your displayed weight to increase at a faster rate.



Once you have entered your weight you can press the start button to get under way. If no buttons are pressed the time will begin counting after five seconds.

You will now be in the Manual mode, where you control the speed and elevation.

Upon exiting the weight input the treadmill enters the Manual mode. In this mode you control all treadmill functions. Any changes in speed or elevation will be a direct result of your touching the control panel.

In the Manual mode you can change the speed and elevation at any time as well as select from one of the six selectable displays or choose to view them all with the Scan feature.

Selectable display



The **DISPLAY** button allows you to move about the selectable display. You can move the selectable display automatically from option to option by using the Scan mode. Press and hold the **DISPLAY** button for 3 seconds to enter the Scan mode. When in the Scan mode the display will advance by itself every five seconds. Press the **DISPLAY** button one more time to exit the Scan mode.

Display options

FEATURE	Description
TIME	Time logged on treadmill displayed as “Minutes : Seconds”
DISTANCE	Miles logged on treadmill (kilometers when in metric)
ELEVATION	Percent grade (incline)
CALORIES	Total calories burned, which is based on user’s weight
CALS/HR	Rate in calories/hour, which is based on user’s weight
PACE	Time to complete 1 mile (1 kilometer when in metric)
SCAN	Will change display every 5 seconds moving downward from left to right

Programs have been added to the Pro Sports Trainer so you can add some variety to your workouts. You can choose from one of four built-in programs, which will run you through a pre-selected speed and elevation curve. When choosing a program you select a Time from 10 to 99 minutes and a maximum Speed. Once set, the treadmill will not go above the maximum number unless you manually override it.

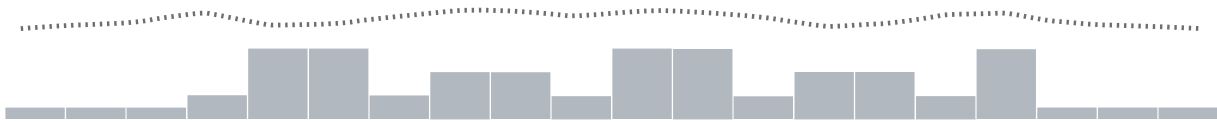
The following figures represent the four built-in programs in the Pro Sports Trainer. Speed is shown as a line and elevation is shown as the raised blocks.

Built-in programs

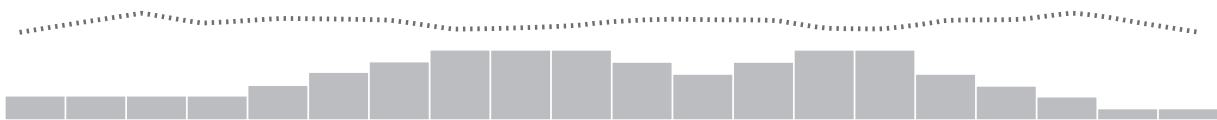
FAT BURN - MAXIMUM ELEVATION IS 5%



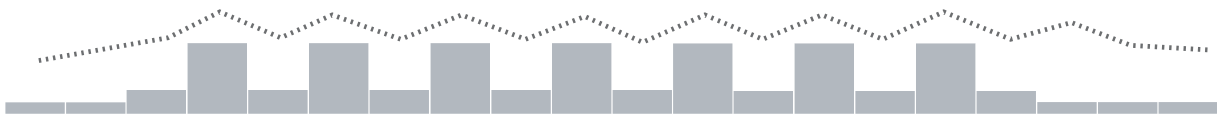
INTERMEDIATE - MAXIMUM ELEVATION IS 7%



ADVANCED - MAXIMUM ELEVATION IS 10%



INTERVAL - MAXIMUM ELEVATION IS 10%





SELECT PROGRAM

By pressing the **PROGRAMS** button you can select one of four built-in programs. Continue to press the **PROGRAMS** button to scroll through all four built-in programs. Once you have selected the program of your choice simply stop pressing the **PROGRAMS** button and wait three seconds. The display will now ask you to enter the program parameters.



SELECT PROGRAM MAXIMUM SPEED

The display will prompt you to set a Maximum Speed. Using the **FAST** and **SLOW** buttons select a maximum speed. This will scale the speed curve so that the maximum speed equals your selected max speed.



SELECT PROGRAM TIME

The display will prompt you to set a Time. Using the **DISPLAY** button select a program time from 10-99 min. This will scale the 20 segments of the program equally throughout your selected time.

Once maximum speed and program time are selected you will have 4 seconds to press the **START** button. If you do not press the **START** button within four seconds the treadmill will revert back to the Manual mode.

Press the  button.

The display will show program time counting down from the selected time. The four-digit display will show S- plus the segment number before each segment change so you will know exactly where you are in the program at any given time. The new speed setting will flash in the two-digit display. The new elevation setting will flash in the four-digit display.

Example:

S-1 = Segment One of the 20 segments of the program

S-3 = Segment Three of the 20 segments of the program

S-19 = Segment Nineteen of the 20 segments of the program



The Pro Sports Trainer has storage capacity for two User program profiles, which you can create and change. The treadmill will remember these programs even if you unplug it from the wall. Each of the two User program profiles will be pre-loaded with copies of the first two built-in programs, until you use and change these programs.

As you use the User programs, simply make speed and elevation changes to suit your needs. The Pro Sports Trainer will remember your changes via its Learn mode. Effort levels do not apply here so there is no need to enter a maximum speed, only time.

Follow these steps to use a USER program:



SELECT PROGRAM

By pressing the **PROGRAMS** button you can select one of two USER programs. Continue to press the **PROGRAMS** button to scroll through both USER programs. Once you have selected the program of your choice simply stop pressing the program button and wait three seconds. The display will now ask you to enter the program parameters.



SELECT PROGRAM TIME

Using the **DISPLAY** button select a Program Time from 10-99 min. This will scale the 20 segments of the program equally throughout your selected time. *Select your time and press the **START** button.*

Press the  button.

The display will show program time counting down from the selected time. You can use the time display to gauge where you are in the program at any given time. Any changes made during each segment will be remembered by the Pro Sports Trainer.



Should you walk or run?

This depends on several things such as body weight, fitness goals, and what you like to do. Walking is the safest, most compatible form of exercise for most people. If you're just starting out, are new to exercise, or participate in aerobic activities less than three times per week, we recommend that you walk. On the other hand, if you're an experienced runner, stick with your program – use your treadmill the way you want.

Here are some considerations to keep in mind:

- [1] If you're interested in weight control, walking can burn as many calories as a moderate running pace. To get a very small increase in caloric expenditure, you have to run fast and, for most people, the extra effort isn't worth it.
- [2] Your chance of losing weight successfully is far greater with walking. Walking increases your daily caloric expenditure, raises your metabolism, and is easier to stick with than running.
- [3] Heavy users should always walk until they've shed some extra pounds and are closer to their desired body weight. Extra weight means extra stress on joints and muscles, which in turn means residual muscle soreness.
- [4] If you're concerned about getting a "tough" workout and don't think walking is adequate, try walking up a hill! You can get just as much cardiovascular intensity (heart rate and breathing response) from walking as you can from running. Don't fool yourself with preconceived notions about walking – you can sweat just as much by walking as by running.

Take it easy! Walk. Lose weight in comfort. Avoid being sore and discouraged. After you've reached your target weight, reevaluate. If you like walking and want to stick with it, terrific. On the other hand, if some running is appealing, try it out and see what it's like. Just remember that walking will get you fit and keep you fit.

What are your expectations for success?

This is very important to think about now. How much change in your fitness level and health do you expect to gain from your walking/running program? How fast do you expect results?

Start by learning the fitness habit. Set reasonable, attainable goals for yourself. Set up a schedule and stick with it. Every time you successfully complete a scheduled workout, give yourself a pat on the back. Practice your new "habit" faithfully and pretty soon it will be built into your daily routine.

The point is this: if you stick to your schedule the benefits will be yours. If you don't, the benefits will escape you. Your treadmill does nothing for you unless you're on it walking or running. It's just an inanimate object until you use it. Use it! Get the benefits you deserve.

TIP: If you're the kind of person that sets up a schedule and can't stick with it, then be very patient with yourself, because fitness benefits are a function of how regularly you exercise.

Whatever your goals are, keep the end in mind. For example, if you want to lose weight, set up reasonable expectations with your doctor. The key is "reasonable." Regardless of the goal, be patient and persistent. It takes a while for your body to get the message "we're changing."

TIP: If weight loss/control is your personal objective, don't forget the other half of the equation, diet. Get smart advice from a professional.

Optimizing your workouts

A good exercise program is not complicated. There's no mystery. Good ones are straightforward and make common sense.

There are three elements for setting up a sound exercise program. These are:

- Intensity:** How hard you exercise
- Duration:** How long you exercise
- Frequency:** How often you exercise

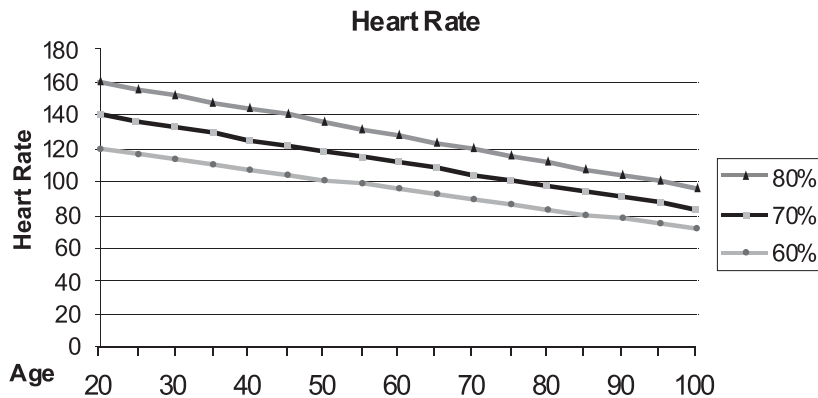
INTENSITY OF EXERCISE

Intensity of exercise is best described by how it feels. What is your breathing rate like? How do your muscles feel? These are the moment-to-moment sensations that you're aware of while exercising.

If you find yourself getting "out of breath," the intensity is far too difficult. Breathing is an excellent way to gauge intensity, because you don't have to stop to take a measure - you're aware of it all the time.

If you want more guidance and precision, determining your safe exercise heart rate is another method. It's a simple procedure described below.

- [1] Find your pulse and count the number of beats for 10 seconds.
- [2] Multiply the number of beats by 6. This is your pulse rate.
- [3] Use the following chart to gauge your optimal target pulse range.



WARNING: The use of this chart assumes no underlying heart or respiratory disease or other condition, which could be adversely affected by exercise. Consult your doctor before using this chart!!!

Walkers: Walk a minimum of 40 to 60 minutes each workout.

Runners: Run 15 to 40 minutes each workout. If you run more than 40 minutes, be sure that you also strengthen your leg and hip muscles with resistance exercise.

DURATION OF EXERCISE

Walkers: Walk every day.

Runners: Run three to five times per week.

BEFORE YOU WORK OUT

- Never overdress; you may overheat. Wear loose-fitting clothes that do not rub or chafe.
- Think about your workout briefly before you begin. Remind yourself about the benefits you'll receive, about the commitment you've made to your health, and how good you'll feel afterwards.
- Start SLOWLY, work up to the intensity you like gradually. Take at least five minutes to reach peak intensity.

DURING YOUR WORKOUT

- Stay in the middle portion of the treadbelt.
- Monitor your breathing. Can you carry on a normal conversation or are you out of breath? If you use the heart rate method of monitoring intensity, are you within the heart rate zone?
- Change the speed and incline as needed to stay within the breathing and heart rate criteria.

TIP: If you want to simulate outdoor conditions for walking or running on a level surface, set the treadmill incline to 2%. This also helps to further cushion the impact of your feet on the moving surface.

AFTER YOUR WORKOUT

- Drink a large glass of water (you'll recover faster).
- Congratulate yourself for completing the workout.
- Do some light stretching exercises.
- Record that you completed the workout on your calendar.

KEEPING TRACK OF PROGRESS

- Keep a calendar that shows scheduled and actual workouts.
- Record every workout you complete.
- Compare planned with actual workouts completed. Aim for 90% completion. If you're averaging less than 90%, reevaluate your schedule and examine why you're missing 10% of your workouts (and the extra benefits from those missing workouts).
- Check in occasionally with your doctor and discuss your progress. It's good motivation and you'll pick up some tips. Or give some now that you're an expert!

CALORIE COMPUTATIONS

- Calories and calories/hour are calculated using the formulas developed by the American College of Sports Medicine. There are two different equations. One is for walking and one for running. The American College of Sports Medicine uses the walking equation for speeds less than or equal to 3.7 mph. The running equations are used for speeds in excess of 3.8 mph.
- The computations are based on a 150-pound person, which is a close enough estimate for most people. If you wish the equations to be more precise, however, you may enter your weight into the treadmill. See "**Getting Started**" for steps to enter your exact weight into the treadmill.

DANGER: Lethal voltages and moving parts capable of causing serious injury are exposed when the drive housing cover is removed. Under no circumstances should the motor cover be removed except by a Landice factory-authorized technician.

TRACKING

The treadbelt is tracked by means of the two 9/16" hex head bolts at the back end of the treadmill. Tightening (clockwise) the adjustment bolt on the side of the machine that the belt has moved towards, and loosening the bolt on the opposite side an equal amount, will cause the belt to move towards the center. Adjustments should be made with the treadmill running, and should be made in 1/4-turn increments. Allow at least 30 seconds for the belt to stabilize between each adjustment. Run the belt at high speed (6-8 mph). To insure proper belt tracking and alignment, the treadmill must be placed on a stable and level surface.

TENSIONING

The same hex head bolts used for tracking tension the treadbelt. To tighten the treadbelt, turn both screws clockwise exactly the same amount. Failure to turn them equally will affect belt tracking. Need for tension is indicated by uneven belt speed, and may be sensed by sudden stopping of the treadbelt when your foot comes down on the belt. Before tightening the treadbelt, assure that the treadbelt is loose, and not the motor drive belt. **DO NOT OVER-TIGHTEN.** If you can't reach the palm of your hand under the center of the treadbelt, **the treadbelt is too tight.**

The drive belt is tensioned by the nut located under the motor pan, and is screwed to a hook, which is attached to the motor bracket. By turning the nut clockwise you will tighten the nut pulling down the motor bracket and tightening the drive belt. **DO NOT OVER-TIGHTEN.** If you over-tighten this belt you will snap the motor shaft. To measure the tension, twist the drive belt between the motor and the drive roller. The ideal tension will allow you to twist the drive belt 45°. If you cannot twist the belt at least 45°, the belt is too tight.

WARNING: Moving parts can cause serious damage. Be sure to unplug treadmill before placing hands underneath the treadbelt!!!

TREADMILL LUBRICATION & CLEANING

It is recommended that you vacuum around and underneath the treadmill on a monthly basis. Your treadmill will last longer and look better if you wipe the sweat off the unit after each workout.

Lubrication is not required on residential treadmills. In institutional settings Landice requires lubricating the underside of the treadbelt with Landice SlipCoat on a **monthly basis.**

MOTOR BRUSHES

Motor brushes should be checked every six months on institutional treadmills and after six years on home units.

SERVICE CHECK-LIST

- Tension and track treadbelt
- Lubricate belt and vacuum treadmill
- Check drive belt tension
- Check motor brushes

STEP 1



Insert the side rail into the upper rail clamp and tighten the bolt using a 1/2" socket.
(Do not over-tighten.)

STEP 2



Fit the side rail to the bottom rail clamp.

STEP 3



Use a soft mallet to firmly set the rails inside the clamp.

STEP 4



Use a 3/16" allen wrench to tighten the rail clamp bolts.

STEP 5



Line up the upright leg side covers and firmly snap them into place.

STEP 6



Place the plastic endcaps on the top corners of the control panel. Use the two small Phillips head screws included to secure the endcaps.

(Return to step 9 in assembly instructions)

STEP 1



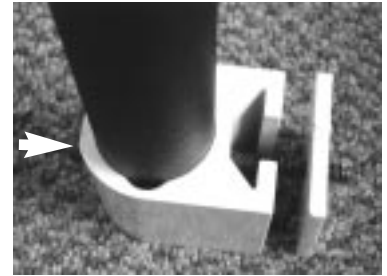
Insert the side rail into the upper rail clamp.

STEP 2



Attach the medrail by first hand-starting the bolts and then using a 1/2" socket until snug. *(Do not over-tighten.)*

STEP 3



Assemble the base as shown inserting the bolt as represented by the arrow.

STEP 4



Fit the side rail clamp to the bottom side frame at the hole provided. Use a 5/16" wrench to hold nut inside treadmill and use 3/16" allen wrench to tighten.

STEP 5



Line up the upright leg side covers and firmly snap them into place.

STEP 6



Place the plastic endcaps on the top corners of the control panel. Use the two small Phillips head screws included to secure the endcaps.

(Return to step 9 in assembly instructions)